



Gladstone Road Primary School

Wooler Street, Scarborough
North Yorkshire, YO12 7DD

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Dear Parents and Carers,

Gold Healthy School Award

In EYFS to Y2, we currently have a snack time and children are provided with fruits and vegetables. This is a great opportunity for us to talk about healthy foods and why they are good for us as well as talking about where different foods come from.

All children from EYFS to Y6, who have a school lunch, are offered milk or water to accompany their meal.

We are currently developing our healthy food policy to share with you, with the hope to progress throughout the Healthy School scheme and eventually achieve gold! This will include; lunchtimes and the curriculum content.

In the meantime, please could we ask for your support with the following:

- **If you are sending in breaktime snacks, please only send in fruit or vegetables** avoiding cereal bars, cakes, biscuits and crisps. These foods are high in saturated fat, sugar and salt, which we are trying to discourage.
- **Please only send your child into school with water in their water bottle**, which we will refresh throughout the day. We ask that fruit juice (even diluted fruit juice), squash, fizzy drinks, and flavoured water even if labelled 'sugar free', 'no added sugar' or 'reduced sugar' are not put in water bottles. The Government Guidance is clear that these contribute to tooth decay and have little nutritional value.
- **Please do not include fizzy drinks in packed lunch boxes.** Again, we will provide water for children with packed lunches and we will seek further advice on this before we issue the policy. We also encourage a balanced meal, moderating sugary desserts, cakes, biscuits and crisps.

As we gradually introduce our new school lunch menu, with salad bar and vegetarian options, I am delighted to see that more children have switched from packed lunches to school lunches.

We will be talking to the children about what they like and don't like about food, whilst at school. We will be asking their opinions on lunchtimes, snack times and breakfast club. Listening to their ideas will inform us how to improve those times of day for our children.

Thanks again for your continued support and any suggestions would as always be gratefully received.

Best wishes

Mr Garry Johnson
Head teacher

